

# THE SIS SOCIAL



## Message from Jenny Hughes, Chief Executive

I hope you enjoy this latest edition of SIS Social and please give us a call or email if you are interested in finding out more about SIS or working collaboratively with us.



Welcome to the May edition of the SIS Social. In this issue we are featuring information on our new seminars, key highlights from the Federal budget and what it means to our community, the Retirement Villages Bill and how you can access **The Willing To Work report** on

disability & age discrimination report.

We are also seeking your help to vote for our LGBTI project in the YourSay Fund My Community Grant program. We are seeking funding for a **LGBTI Community Connect Project**. Please follow this link [http://yoursay.sa.gov.au/fmc\\_rounds/fund-my-community/fmc\\_ideas/190](http://yoursay.sa.gov.au/fmc_rounds/fund-my-community/fmc_ideas/190) or go to page 6 of this enews to vote and show your support for people with disabilities in the LGBTI community.

We will endeavour to keep you informed on policy announcements through the election period. Of particular interest is how all parties and candidates will receive **“The Aged Care Roadmap”** recently presented to the Commonwealth by the Aged Care sector committee comprising National Seniors, LASA, ACSA, COTA, large providers and unions. The Roadmap builds on the policy reforms of **Living Longer Living Better** and considers issues including eligibility, dementia care, the supply of care services and payment for services. I encourage you to read the Roadmap and start the conversation.

## Registration Now Open! Disability Ageing and Lifestyle Expo 2016



The registration for the 2016 Disability Ageing and Lifestyle Expo is now open! The Expo will be held on **Friday 23 September 2016** at Adelaide Showgrounds

from **10am to 5pm**.

You will find all the exhibitor options including cost to exhibit and advertising options here: **Exhibitor and Advertising Options**.

This year we are offering a range of sponsorship options ranging from in-kind support to major sponsorship for the Expo. Download the **Sponsorship Prospectus** by clicking **here**.

If you have any questions, please contact Sakina at (08) 8168 8702 or email Sakina at [sakina@seniors.asn.au](mailto:sakina@seniors.asn.au).

We hope to see you there!

## Federal Budget 2016/17 - What's in store for you?

The Federal Budget was handed down on the 3rd May. Just like any Federal Budget, the 2016/17 budget has its winners and losers but what does this budget mean to individuals who are ageing and/or with a disability or recently or about to retire?

We have summarised below some of the key points from the Federal Budget, however for detailed information please visit [budget.gov.au](http://budget.gov.au).

### Removal of work test for over-65s who want to make super contributions

If you're aged between 65 and 74, the good news is that from 1 July 2017, you no longer have to meet the work test (i.e. the requirement that you work 40 hours over a consecutive 30-day period before you can make a contribution).

This means it will be easier for older Australians to increase their retirement savings, in particular from sources that may not have been available to them before retirement – this includes proceeds from the sale of a property.

### Introduction of a cap on funds you can use to start a pension

From 1 July 2017, the Government will introduce a \$1.6 million transfer balance cap on the total amount of accumulated superannuation an individual can transfer into the retirement phase (across all pension accounts they may hold). Subsequent earnings on these balances will not be restricted.

This will limit the extent to which the tax-free benefits of retirement phase accounts can be used by wealthy individuals. Where an individual accumulates amounts in excess of \$1.6 million, they will be able to maintain this excess amount in an accumulation phase account (where earnings will be taxed at the concessional rate of 15%).

If you're already in retirement and you have balances above \$1.6 million, you may need to consider reducing your retirement balance to \$1.6 million by 1 July 2017. The excess balances may be converted to superannuation accumulation phase accounts subject to financial advice.

### Disability Support Pension (DSP) recipients

Changes have been made to the DSP and each year for the next three years Disability Support Pension recipients will have their eligibility reviewed.

### Aged-care cut by \$1.2bn

The government will achieve savings of \$1.2 billion over four years through changes to the scoring matrix of the Aged Care Funding Instrument (ACFI) that determines the level of funding paid to aged care providers.

### My Aged Care – My Aged Care contact centre

The government will provide \$136.6 million over four years from 2016-17 to support the operation of the My Aged Care contact centre. The funding will assist the contact centre to meet the significant increase in demand for assistance from customers interacting with the aged care system.

### Aged Care Provider Funding – improving the targeting of the viability supplement for regional aged care facilities

The government will provide \$102.3 million over four years from 2016-17 to target the aged care viability supplement more effectively to areas of greatest need by replacing the current outdated remoteness classification system with the more up to date Modified Monash Model. This will bring the viability supplement into line with other health programs.

The Budget received a mixed response. Follow the links to see responses from the following organisations.



## Seminars at Seniors Information Service

### Navigating Commonwealth Home Support System



The Commonwealth Home Support program provides basic support services for people who want to stay in their own home.

In this seminar you will learn:

- What is the Commonwealth Home Support System?
- What are the types of services provided under the Commonwealth Home Support System?
- How eligibility is determined?

To book your seat for the next session, please contact our office at (08) 8168 8776 or email us at [information@seniors.asn.au](mailto:information@seniors.asn.au). **This seminar is held every third Monday of the month, 1-3pm.**

### 18 May - Introduction to Technology

**Starting on the 18 May**, we are introducing a new seminar "Introduction to Technology."

The session will cover the basics of:

- Internet (choosing service provider)
- Computers (laptop and desktop)
- Smart Phones (buying, navigating and more)
- Tablets (Samsung, Apple and more)

The information is presented in an easy, simple, user-friendly format and is a great way to start understanding what is available and what the terms used mean.

**To be held every third Thursday monthly, 10am to 12pm**

### 1st Thursday every month - Women & Technology

Open to all women with an interest in new technology and wanting to meet other women in a safe and friendly space.

Learn about:

- Tablet (iPad, Samsung or more)
- Smart phones
- Internet

This regular catch up and group is a wonderful opportunity to share stories and information with other group members whilst learning about new technology in a safe, fun and supportive environment.

**The Group meets on the first Thursday of the month, 10am-12pm**

### 3 June - Senior Gems Dementia Workshop



The Senior Gems® workshop is tailored towards family, friends and carers and teaches us how to provide best practice care and

support for people with dementia.

In this workshop you will learn:

- Different strategies in caring for those with dementia and Alzheimer's
- How to use the Senior Gems® Model of understanding dementia
- To look at dementia in a different way

**The workshop will be held on Friday 3rd June, 10am to 12pm**

**This workshop is presented by Senior Helpers  
Senior Gems® program is an initiative of  
Senior Helpers**

## SIS Helping with myGov, My Aged Care

Seniors Information Service aims to support seniors and people with a disability to keep connected and access services in a faster way. Our volunteers can assist you or your consumers with setting up a myGov account. This includes helping people to create an email address and understanding how and what the myGov account does.

We can also help you access Commonwealth-funded home support, community and residential aged care services including supporting you through contacting My Aged Care, the national gateway established by the Australian Government.

A free call number is available to access My Aged Care: 1800 200 422. However anyone who is having difficulty connecting with My Aged Care can be assisted by Seniors Information Service staff, who will make an online referral for them or support them as they make the call to My Aged Care.

Call (08) 8168 8776 for more information on how we can assist you.

## Advertise with SIS

Advertising opportunities are now available with the Seniors Information Service monthly newsletter and website. The SIS Social Newsletter reaches over 3,400 recipients monthly and the SIS website receives over 100,000 hits annually. With many targeted advertising options and customisable plans available, this opportunity is not to be missed.

Click [here](#) to download your copy of our advertising kit. Contact our office at (08) 8168 8776 and ask for Sakina or email us at [information@seniors.asn.au](mailto:information@seniors.asn.au) to find out more.



The Willing To Work report on disability & age discrimination has been released and covers the really important issue of age discrimination and strategies to enable older Australians to participate in the economy as they wish. This report is important to our discussion as a community of the role of work and older Australians.

You can download your copy by clicking here: [https://www.humanrights.gov.au/sites/default/files/document/publication/Willing\\_to\\_work\\_report\\_2016\\_AHRC.pdf](https://www.humanrights.gov.au/sites/default/files/document/publication/Willing_to_work_report_2016_AHRC.pdf)



### Seeking participants

from May until August, for a study exploring the health, wellbeing, and day-to-day activities of older Australians. You must be aged 50+, fluent in English, and currently do at least half an hour of housework and/or gardening on most days of the week.

Participation will involve 2 visits to the University of Adelaide, North Terrace, lasting 30-40 minutes each, and wearing a pedometer for 14 days. During these visits you will be asked to complete a questionnaire and have your weight, body fat percentage and blood pressure measured. **In return you will get a free pedometer, a full report of your physical and psychological wellbeing scores, and the opportunity to win one of three \$50 Coles Myer gift vouchers.**

For more information please email [jessica.m.brown@student.adelaide.edu.au](mailto:jessica.m.brown@student.adelaide.edu.au) or phone Donna Hughes on (08) 7221 8436



## *Still time to register for Unfinished Business!*

There is still time to register for Unfinished Business! Are you over 50? Do you want to Un-Retire? Do you have more to offer the community and business? Do you desire to enter self-employment and/or start a business and want to find out how?

With funding from SA Health - Office for the Ageing, Seniors Information Service (SIS) will be providing an "Unfinished Business" Program to help you acquire the knowledge and skills needed to enter self-employment as sole trader or set-up a business.

During 2016, SIS will be facilitating 10 workshops and 10 presentations by successful Adelaide entrepreneurs and business people. As a registered participant in the Unfinished Business program you are in the running for free access to The Catalyst Collaborative Co-working facilities on Currie Street to kick-start your venture. Two hot-desk spaces are available to be booked on a first in basis 3 days per week between 9am to 5pm, Monday to Friday.

Free Presentations and Workshops include: • Lean Start-up methodology • Risk and legal requirements for small business • Financial planning for small business • Social media and technology for contemporary business • Marketing and brand, Intellectual Property • Business Networking skills, Entrepreneurship • Cloud computing, public speaking

**Register your interest with Sasha at [sasha@seniors.asn.au](mailto:sasha@seniors.asn.au) or call (08) 8168 8715.**



## *The Catalyst Collaborative Coworking Community – A place and space to make business happen!*

A modern, yet quirky place to build a community for business people with 'lived experience'. It is for those with knowledge, wisdom and experience who have more to contribute in their life, their community and on behalf of others.

The Catalyst Collaborative is tailored to experienced and senior entrepreneurs, small business owners, the self-employed, consultants and professionals. The Catalyst Collaborative provides a co-working facility and community that aligns with the expectations of entrepreneurs and self-employed business people'. The facility provides desks, offices, meeting rooms and services at an affordable price. Access to training and workshops that focus on business technologies, applications and tools are also available as is the opportunity to meet with like-minded people.

Casual boardroom hire is available from \$50 per day and offices from \$500 per month.

**Register your interest with Sasha at [sasha@seniors.asn.au](mailto:sasha@seniors.asn.au) or call (08) 8168 8715.**



## INTERNATIONAL DAY AGAINST HOMOPHOBIA, TRANSPHOBIA & BIPHOBIA

**MAY 17**

A Worldwide Celebration of Sexual and Gender Diversities



### Did you know same sex relationships are still illegal in 81 countries, 10 of which apply the death penalty?

As the banner says IDAHO is the International Day Against Homophobia. It is a worldwide day of action which started in 2004 to draw the attention of policy makers, opinion leaders, social movements, the public and the media to the violence and discrimination experienced by Lesbian, Gay, Bisexuals, Transgender and Intersex (LGBTI) people internationally. This year's theme is focused on Mental Health & Well-Being.

The Day represents an annual landmark to draw the attention of decision makers, the media, the public, opinion leaders and local authorities to the alarming situation faced by LGBTI people and all those who do not conform to majority sexual and gender norms. May 17 is now celebrated in more than 130 countries, including 37 where same-sex acts are illegal, with 1600 events reported from 1280 organisations in 2014. These mobilisations unite millions of people in support of the recognition of human rights for all, irrespective of sexual orientation or gender identity or expression.

To learn more about IDAHO visit <http://dayagainsthomophobia.org/> or talk to our LGBTI Community Worker Paul Stone at (08) 8168 8723 or email Paul at [paul@seniors.asn.au](mailto:paul@seniors.asn.au).

### Mark Elliott, Aboriginal Project Officer recognised as a Hills Treasure



Each year the three Councils of Mt Barker, Adelaide Hills and Alexandrina come together to receive nominations for the "Hills Treasures" awards. These awards are to recognise the significant contributions of people who volunteer their time to their communities. On Friday the 29th of April our Aboriginal Project Officer, Mark Elliott, was recognised as a Hills Treasure at an awards ceremony held at the Mt Barker Golf club. He was nominated for the award by Mark de Lange, Youth Development Officer for the Adelaide Hills Council, for his contribution to the recognition of Aboriginal people living in the Hills and in particular for raising awareness of the traditional custodians, the Peramangk people.

### Vote for 'LGBTI Community Connect'

**We need your help!** Seniors Information Service recently applied for **Your Say South Australia -**



**Fund My Community Grant.** Our application has successfully moved to the second stage where 'You' our community votes for your favourite projects.

Vote for the **LGBTI Community Connect Project** and support people with a disability in the LGBTI Community by clicking here: [http://yoursay.sa.gov.au/fmc\\_rounds/fund-my-community/fmc\\_ideas/190](http://yoursay.sa.gov.au/fmc_rounds/fund-my-community/fmc_ideas/190)

In this video, Paul Stone, LGBTI Community Worker describes the project and how you can help us! <https://www.youtube.com/watch?v=UqHTsfPcYOo>.

**To count, your vote must be submitted by 5:00pm Monday 16 May 2016.**

## Where there's a will.....

It is important to remember that your will deals only with your assets – so if you own property as a joint tenant with someone else, that property passes automatically to the surviving tenant regardless of what your will says or the application of the rules of intestacy. That is to say, jointly owned property is not included as part of your estate. However, if you hold property as a tenant in common (that is, property co-owned through having a share in it), you can deal with your share in your will – your share would pass to your beneficiaries as part of your estate.

Catherine Moyse runs our Legal Clinic at Seniors Information Service every Wednesday. Catherine is able to work with you to prepare or update your will as well as other estate planning documents. You can make an appointment by calling our office at (08) 8168 8776

Catherine also runs Wills on Wheels and as the name suggests, Catherine is a mobile solicitor and will visit you in your own home or in hospital or a retirement village. **Catherine can be contacted directly on 0411 281 971 or via email on [admin@wowadelaide.com.au](mailto:admin@wowadelaide.com.au)**



“It is always better to make sure you have a will. That way you can make your own decisions about who you wish to receive

part or all of your estate. You can also choose to benefit your favourite charity, a friend or a remote relative who may not be included under the intestacy rules” said Catherine. “You will also save your family and loved ones a great deal of administrative work, anxiety and pain if you have left a clear will, rather than making them go through the process of establishing themselves as eligible relatives under the intestacy rules. The associated costs would most likely, be taken from your estate, increasing the costs of administration – meaning less for beneficiaries”.

Your will is the legal document that says how you want your estate to be distributed on your death. It allows you to appoint a person or people called executors to carry out your wishes. If you die without a will, the laws of intestacy will apply – in other words, how your estate is distributed is determined by a predetermined formula set out in legislation. Your estate will not automatically go to a surviving spouse or your children.

If you die without a will and have children under the age of 18, their share of your estate must be paid into the Public Trustee. Until your children turn 18, the Public Trustee will manage their inheritance and determine what will be paid out for them.

“The lesson....Make your will....while you can!”



### *Data Entry/Database Volunteer*

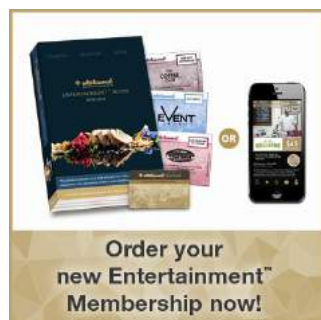
- Would you like to help seniors and people with a disability to find services and accommodation available to them?
- Do you have computer skills, attention to detail and like working with databases and information management systems?

If you answered yes, please contact our Volunteer coordinator Diana on (08) 8168 8776 or email Diana at [diana@seniors.ans.au](mailto:diana@seniors.ans.au)



This year we are trying to raise as many dollars as we can for our fundraising, and we need your help!

Order your new 2016 | 2017 Entertainment™ Book or Entertainment™ Digital Membership from us, and 20% of the proceeds contribute towards our fundraising, so please forward this to your friends and family.



Available as a traditional Entertainment Book - or - Digital Membership on your smartphone, your Membership gives you over \$20,000 worth of valuable offers valid through to 1 June 2017!

We have the Entertainment Book on display at our Currie Street office. This gives you a great opportunity to view the offers before making the purchase. Alternatively, you can view the book online at: [https://issuu.com/epaau/docs/adelaide\\_2016-2017?e=16038615/33205593](https://issuu.com/epaau/docs/adelaide_2016-2017?e=16038615/33205593)

**Order your Membership today!**



**Australia's  
Biggest  
Morning  
Tea**

We are proud to host a Biggest Morning Tea again this year to help raise vital funds for cancer research and support services.

Your donation will help fund Cancer Council's research, prevention and support services. So raise your cup and together let's do all we can to beat cancer. You can make a donation by clicking here: <http://sa.cancercouncilfundraising.org.au/seniorsinfo>.



Government of South Australia  
SA Health

## **Introducing RSPCA SA Pets and Older**

### **People Project**

It is not unusual to hear people refer to their pets as family members. The significance of this bond can be especially important as we age.

A range of support services are available to help people live well in their own home but do not typically extend to the help needed to care for pets.

The RSPCA South Australia supports older people to maintain a positive bond with pets and sees this as having benefits for both people and pets.

Thanks to a Positive Ageing Grant (PAG) from Office for the Ageing, RSPCA South Australia has been able to employ a Project Officer, Mary-Rose Alfonsi, to research and develop strategies to develop opportunities for pet care in the home.

RSPCA South Australia is hopeful that over time, community-based service providers will extend their existing service provision for older people to include pets where required. The types of service provision may include, pet walking and grooming through to administering required treatments.

A small number of pet/companion animal services are operational interstate and boast a range of benefits that include improved well-being for older people and their pets and stronger community bonds.

In 2015, the City of Charles Sturt piloted the first companion animal service in South Australia for eligible residents. It was reportedly very successful and the Council's Home Care Team Leader, Deb Whetstone has received Council support to continue this service.

Any council or community-based organisation interested in implementing a companion animal/pet support service for older people, who would like to know more about this project are invited to contact Mary-Rose Alfonsi, Project Officer (Community Services) RSPCA South Australia on [malfonsi@rspcasa.org.au](mailto:malfonsi@rspcasa.org.au)

This project is supported by Office for the Ageing, SA Health.



t: (08) 8168 8776 | e: [information@seniors.asn.au](mailto:information@seniors.asn.au)

w: [www.seniors.asn.au](http://www.seniors.asn.au)





## Retirement Villages Bill 2016 in Parliament

After extensive consultation with input from stakeholders such as the South Australian Retirement Village Residents Association (SARVRA), the Property Council of Australia, SIS, ACSA and COTA (SA), the Retirement Villages Bill has been introduced into the South Australian Parliament in April.

A major provision which has been welcomed by current and prospective residents is the introduction of a standard disclosure statement to improve transparency and clarity of residence contracts. This statement includes a summary of fees and charges within the contract, allowing prospective residents to make an informed decision when entering into a contract.

As for current residents, although they are under their current residence contracts, there are also some gains, as increased transparency regarding village funds is expected. This should include breaking down of management fees, provision of details of expected consultation with residents regarding the village budget and requirements to meet with residents' committees about finances.

Currently there is no legal requirement for the refund of the premium paid by the resident to be paid in a specified time frame; it is dependent on the resale of the unit. If the new Bill passes, an exit entitlement must be repaid within 18 months of a resident vacating their residence if it is not relicensed earlier. However some retirement villages already offer a time frame of 12 months, so it may be a good idea for prospective residents to check the contract offered if this is likely to be an important issue for you.

For further information about the Bill see the fact sheet **Retirement Villages Bill 2016 - Frequently Asked Questions**.

To contact SARVRA go to [www.sarvra.asn.au/](http://www.sarvra.asn.au/) contact. To obtain advice on your Retirement Village contract, please contact Catherine at our Legal Clinic at (08) 8168 8776.

## Have your say on the review of the Residential Parks Act 2007

### What is a Residential Park?

Residential parks provide a strong sense of community for older citizens at an affordable price. Residents can lease a site from the park owner, some rent a dwelling from the park owner, while others own their own dwelling. Generally residents intend or seek to live in the park on a long-term basis.

Currently, if a park owner changes business interests residents may be required to leave the site and relocate their dwelling. This can be costly for residents and also upsetting to leave their community and family support networks. The lack of long-term security for residents, who are often senior citizens, can cause uncertainty. It is essential to strike the right balance between providing protections for residents and ensuring that parks are profitable for owners.

A **discussion paper** has been developed to look at these issues. The discussion paper focuses on three key themes:

- **Disclosure** - Ensuring all residents are well informed before signing a lease to move into a park and also during their tenure.
- **Safeguards** - Many residents have made a significant financial investment in their home and the paper considers protection throughout their current tenure and beyond.
- **Thriving Residential Parks** - It is important that residential parks are successful businesses and continue to provide affordable housing for South Australians.

### How can your input influence the decision and how will it be used?

Residential parks in South Australia provide affordable housing options for the community. Your feedback on the discussion paper will contribute to assisting the State Government in developing the necessary changes and improvements. You can get involved in the conversation by **downloading the paper** and commenting in the discussion or sending in a submission to [CBSReforms@sa.gov.au](mailto:CBSReforms@sa.gov.au).

**Want to know more?** Send through an email via [CBSReforms@sa.gov.au](mailto:CBSReforms@sa.gov.au) or call 131 882

## Recap April

### *Aged Care Matters community forum*

Seniors Information Service was recently part of the panel at the Aged Care Matters community forum organised by Daniel Kirk of the Nick Xenophon Team. Our Chief Executive Jenny Hughes attended this forum and was able to talk with community members and other service providers on ageing services. The forum was well attended and many participated in the forum asking questions and sharing experiences.



### *Referral Pathways for our elderly: Service Providers' Expo*

Our Chief Executive Jenny Hughes attended the Referral Pathways for our Elderly Expo organised by Northern Adelaide Primary Health Care Nurse Network. We had an opportunity to present our services to the group of over 30 nurse practitioners. It was interesting and informative to hear their experiences.



### *Aboriginal and Torres Strait Islander Community Engagement*

Mark Elliot, our Aboriginal Project Officer delivered presentations to Elders and Carers in the Murray Bridge and Port Augusta region recently. Mark shared information on services available to the community and the Digital Carers Project.

## Recap April



### *Turkindi Community Meeting*

SIS was really pleased to host the Turkindi Network Meeting in April. Team Leader Sasha Dragovelic, Aboriginal Project Officer Mark Elliott and LGBTI Community Development Worker Paul Stone represented SIS and shared information on different programs and new initiatives by SIS including the Reconciliation Action Plan, The Catalyst Collaborative and Unfinished Business. The meeting was a great success!



## Coming Up in May

Our staff will be out in the community at the following events in May. Mark your calendar and be sure you visit our stall and say hello to our staff!

- Thurs 5th: Onkaparinga Health and Wellbeing Expo
- Fri 6th: SA Gerontology Conference 2016
- Fri 13th: Seniors Forum, Port Adelaide
- Wed 18th: ACH Good lives event, Morphett Vale
- Fri 20th: Hewett Ageing in Style Expo
- Wed 25th: ACH Good lives event, Camden Park

## LGBTI Community Dinner

The LGBTI Community Dinners continue to be a favourite event for LGBTI folk over 50. Each and every month we see new faces coming along and enjoying the opportunity to join others in a meal and good conversation, catching up with friends old and new as well as finding out about other activities and happenings within the LGBTI community. If you would like to join us for dinner contact our LGBTI Community Worker Paul Stone on (08) 8168 8723. We meet the first Thursday of each month at The Arab Steed Hotel.

## Coming Soon!

### *Technology Learning Sessions for LGBTI people over 50 years*

Over the coming months we will be holding some Digital Learning sessions specifically for people in the LGBTI community. We will be running a Tablet Showcase where you can come and play with and learn about using either an iPad or Android (Samsung) tablet, check out the features of each and decide what works best for you (which is useful before you decide to go and spend lots of money on one).

We will also hold a specific iPad and Android learning session, for those who already have a tablet and would like to know how to use it more or even just turn the thing on! Our volunteers will take you through a training session and teach you what you need to know.

These sessions will be happening in one of the Adelaide City Council Local Community Hubs and local city residents are strongly encouraged to come along. These sessions are happening with thanks to a small grant we received from the Adelaide City Council

## *Free LGBTI Movie Screening & BBQ*

In early June we will be holding a free movie afternoon & BBQ at the new Adelaide Council's Minor Works Building. We will be screening for the first time in Adelaide a documentary called *GenSilent* which is all about LGBT ageing in the USA. This movie/documentary has received numerous awards around the world and really talks to older LGBTI audiences about becoming an older LGBTI community member....Stay tuned for the dates or contact Paul on (08) 8168 8723 to get your email onto the confidential LGBTI mailing list. Adelaide Council residents are again strongly encouraged to attend what should be a great afternoon.

## *LGBTI & Disability*

Do you identify as LGBTI and have a disability? If so, Paul our LGBTI Community Development Worker would love to have an opportunity to talk with you about your social connections and experiences within the LGBTI community. If you would like to take part please contact Paul on (08) 8168 8723 or email [paul@seniors.asn.au](mailto:paul@seniors.asn.au).

## National Volunteer Week 9 - 15 May 2016 Give Happy Live Happy!



National Volunteer Week is celebrated every year in May to acknowledge the amazing work done by millions of volunteers nationwide.

At Seniors Information Service we are blessed to have loyal individuals who have supported us all these years in their own special way. As part of the celebrations, we are hosting a special Afternoon Tea for all our volunteers.

If you would like to volunteer with us, please contact our Volunteer coordinator Diana on (08) 8168 8776 or email Diana at [diana@seniors.asn.au](mailto:diana@seniors.asn.au)

# Community Notice Board



Victim Support Service (VSS) is a state-wide, community based not-for-profit organisation in South Australia that provides practical and therapeutic support to more than 40,000 victims and witnesses of crime each year in South Australia. In partnership with South Australia Police, VSS is piloting the First Response program in Western Adelaide between March and July 2016.

VSS's trained First Response volunteers will offer practical advice, information and emotional support to victims of property crime.

Victims of property crimes can access this free service by ringing 1800 VICTIM (1800 842 846) and asking to speak to a First Response Volunteer.

Further information on First Response and other services offered by Victims Support Service is available on the VSS website: [www.victimsa.org](http://www.victimsa.org).

## Tech Fest 2016

A showcase of the latest in adaptive technology that can assist people who are blind or vision impaired.

The Royal Society for the Blind would like to extend to you an invitation to attend the annual RSB TechFest!

The two day event will bring suppliers from across Australia to Knapman House (230 Pirie Street, Adelaide) to showcase the latest in Adaptive Technology.

The dates are Thursday 26th and Friday 27th May, 10am-4pm each day.

If you would like any more information or have any queries about the event, please contact Low Vision Centre Coordinator Andrew on 8417 5599 or [Andrew.Davies@rsb.org.au](mailto:Andrew.Davies@rsb.org.au).

## New publication: Knowing your rights - a guide to the rights of South Australians

**Knowing Your Rights – A Guide to the Rights of Older South Australians** contains a range of information designed to assist older South Australians to understand their rights and make informed decisions confidently at critical life points as they age.

This free publication is an important tool for the older South Australian community, as well as their carers, family members and service providers, to assist them to better understand their rights and where they can access services and information.

The publication can be downloaded from: [www.sahealth.sa.gov.au/safeguardrights](http://www.sahealth.sa.gov.au/safeguardrights) or you can get a copy by calling the Legal Services Commission on 1300 366 424 or contacting our office at (08) 8168 8776.

## Jim Birch named chair of new digital health agency

Former SA Health CEO, NEHTA board member and current deputy chair of the Independent Hospital Pricing Authority Jim Birch has been named the inaugural chairman of the new Australian Digital Health Agency (ADHA), which is set to take over from NEHTA on July 1.

Mr Birch, currently chair of the Australian Red Cross Blood Service and a former CEO of the Women's and Children's Hospital in Adelaide, will be joined by Macquarie University Professor of Health Informatics Johanna Westbrook, Healthscope General Manager for Strategy Bennie Ng, former RACGP council chair Eleanor Chew, South Eastern Melbourne PHN CEO Elizabeth Deveny and Department of Health special adviser Paul Madden.

# Community Notice Board

## Free influenza vaccines available for people aged 65 years and over

Influenza (flu) is a highly contagious viral infection that spreads easily from person to person through coughing, sneezing and close contact. Flu vaccination is strongly recommended for anyone who is at increased risk of the flu and its complications.

The Australian Government provides free flu vaccines through the National Immunisation Program (NIP) for all eligible individuals, including people aged 65 years and over, and those with certain chronic conditions.

Aged care facilities can speak to either:

- Their state or territory health department about ordering the free NIP vaccines; or
- GPs who can provide the vaccinations.

For more information about vaccines and vaccinations for older Australians, visit the department's website at [www.immunise.health.gov.au/internet/immunise/publishing.nsf/content/older-australians](http://www.immunise.health.gov.au/internet/immunise/publishing.nsf/content/older-australians)

## National Palliative Care Week 22-28 May

National Palliative Care Week is an annual awareness raising week organised by Palliative Care Australia (PCA).

National Palliative Care Week is supported by the Department of Health to raise awareness and understanding about palliative care in the Australian community.

The theme -**Living Well with Chronic Illness** addresses the need for people with advanced chronic illness to be able to access palliative care.

PCA encourages all Australians to use National Palliative Care Week as a discussion starter – get together with those closest to you and celebrate life (have a meal or a coffee) and talk about death.

If you have any stories or suggestions you would like to share please contact PCA media office on [pcainc@palliativecare.org.au](mailto:pcainc@palliativecare.org.au) or call (02) 6232 4433.

## Stolen Generations Reparations Scheme

The Next Steps – Stolen Generations Reparation Scheme involves a \$6 million fund for ex gratia payments for those members of South Australia's Stolen Generations removed from their families, and a \$5 million fund for whole-of-community reparations.

The guidelines for the scheme allow for ex gratia payments to be made to an Aboriginal person removed without a court order from their family as a child prior to December 31, 1975, and when they were removed their normal place of residence was South Australia, or they were removed by South Australian authorities.

Applications under the scheme can be made until March 31, 2017.

For more information about the Stolen Generations Reparation Scheme, go to: [www.statedevelopment.sa.gov.au/stolengenerationscheme](http://www.statedevelopment.sa.gov.au/stolengenerationscheme)

# What's on...

**BOOKINGS ARE  
ESSENTIAL**



INFORMATION SESSIONS	DATE	TIME
<b>Financial Planning for Retirement - What should I know?</b>	Wed 1 June	10am - 12pm
Senior Gems <b>Dementia</b> workshop <sup>NEW</sup>	Fri 3 June	10am - 12pm
Learn how to use your <b>iPad</b>	Tue 7 & 21	10am - 12pm
<b>Retirement Housing - What should I know?</b>	Wed 8 June	10am - 12pm
<b>Estate Planning - Overview</b> (Wills, Trusts, Power of Attorney and more)	Thur 9 June	10am - 12pm
<b>Internet Security</b>	Fri 10 June	10am - 12pm
Tablet showcase - <b>Which tablet is best for you?</b>	Tues 14 & 28 June	1 - 3pm
<b>Introduction to Technology</b> <sup>NEW</sup>	Wed 18 May & 15 June	10am - 12pm
<b>Navigating Commonwealth Home Support System</b>	Mon 16 May & 20 June	1 - 2:30pm
<b>Understanding Aged Care Costs</b>	Wed 25 May & 22 June	10am - 12pm
Learn how to use your <b>Android</b> tablet	Every Tues	Timings vary

*Don't forget to check out the Mallee Coorong Aboriginal Art Exhibition.  
Until 31 May 2016*

**149 CURRIE STREET  
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TELEPHONE: 8168 8776**

**GENERAL PUBLIC: \$5 PER PERSON  
COFFEE AND TEA PROVIDED  
FOR ALL ATTENDEES**



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w: [www.seniors.asn.au](http://www.seniors.asn.au)



# Registration Now Open!

## Disability, Ageing and Lifestyle Expo 2016

After the great success of last year's inaugural event, Seniors Information Service is delighted to present the 2016 Disability Ageing and Lifestyle Expo. This year the expo will be held on Friday, 23 September at Adelaide Showgrounds from 10am to 5pm.

With over 3,000 anticipated visitors and extensive networking and business development opportunities, the Disability, Ageing and Lifestyle Expo is an event not to be missed.

To secure your spot or enquire about sponsorship packages, please contact Sakina at Seniors Information Service [sakina@seniors.asn.au](mailto:sakina@seniors.asn.au) or (08) 8168 8702.



Exclusive networking cocktail party on Thursday, September 22 from 5:30pm-7:30pm. This is a terrific pre-event opportunity to create new relationships and build on existing ones.



# Seniors Information Service

people helping people

Seniors Information Service is an independent, charitable and inclusive service which provides support, advice and information to all South Australians on:

- Navigating Commonwealth and State ageing and disability systems
- Independent living and home care support
- Disability services and information
- Retirement housing and low cost rental accommodation
- Residential aged care
- Concessions and benefits
- Financial and legal services
- Computer, tablet and smart phone training
- Lifestyle changes

*Seniors Information Service is supported by the Australian Government Department of Social Services. Visit the Department of Social Services website ([www.dss.gov.au](http://www.dss.gov.au)) for more information. Although funding for this service has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.*

  
 Australian Government  
 Department of Social Services

*Commonwealth  
 Home Support Programme*

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